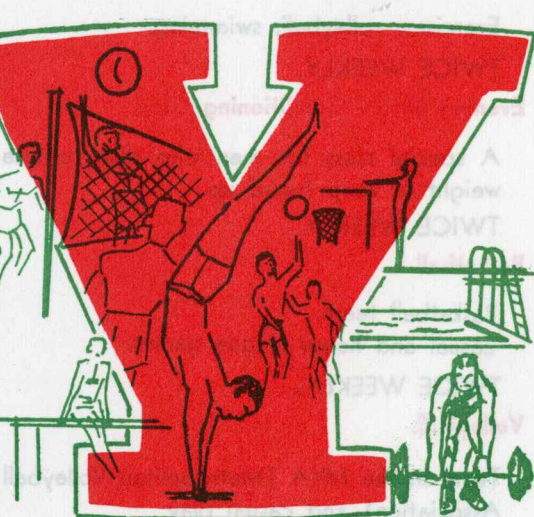


for every member of every family  
for the year 1963 - 1964.  
Effective September 23rd, 1963.



## For Fitness of



**Join International «Y»  
where you can have fun and relaxation.**

**5550 Park Avenue**

**Tel. 271-4639**

## **ADULT PHYSICAL ACTIVITIES**

### **Noon Hour Business Men's Class.**

Light exercise, volleyball, swimming, etc.  
for men whose time is limited.

TWICE WEEKLY.

### **Afternoon Business Men's Class.**

Exercises, volleyball, swimming.

TWICE WEEKLY.

### **Evening Men's Conditioning Class.**

A special class for men who wish to lose weight or keep toned up.

TWICE WEEKLY.

### **Basketball.**

Basketball team,  
casual and house league games.

TWICE WEEKLY.

### **Volleyball.**

Team in the MVA (Metropolitan Volleyball Association) and casual play.

TWICE WEEKLY.

### **Judo.**

Instruction in the fundamentals of the art of Judo is given. Juniors, Seniors, Ladies,

ONCE A WEEK.

### **Wrestling.**

Instruction and formal competition.

ONCE A WEEK.

### **Ski — Conditioning and Instruction.**

An eight-week conditioning class which will attempt to strengthen lower legs, thighs, arms and trunk for safe care-free skiing during the winter. Fundamentals of skiing also are given.

Classes to be announced.

### **Gymnastics.**

Elementary and advanced stunts are taught.

ONCE A WEEK.

### **Ladies' Slimnastics Classes.**

An exciting afternoon and evening of activity. Exercises, calisthenics, volleyball, swimming, etc.

TWICE WEEKLY.

### **Weight-Lifting.**

Fully equipped weight room.

Training daily 10 a.m. to 10 p.m.

Saturdays to 5 p.m.

INSTRUCTION TWICE WEEKLY.

### **Table Tennis.**

Free play and competition.

N.B. — All participants in Physical Education programs must be properly uniformed for their activity. (Minimum requirements are running shoes, shorts and T-shirts).

## **AQUATIC PROGRAM**

MEMBERS ARE FORBIDDEN TO SWIM ALONE. BATHING SUITS MUST BE WORN.

### **Beginners Swimming Instruction.**

Group and private instruction.

Men and Women.

Members only.

### **Advanced Diving and Swimming Instruction.**

FIVE TIMES WEEKLY.

### **Skin and Scuba Diving.**

All equipment provided. Slight fee.

Mixed class.

Members only.

Course to be announced.

### **Life Saving.**

Mixed classes.

Members only.

Slight fee imposed.

### **Mixed Swimming.**

NIGHTLY EXCEPT SATURDAY.

## Family and Open Swim.

One member of the family must be a full privileged member of the "Y". The other members of the family who attend the Family Swim will pay the following fee.

Children over 5 years .....	25¢
Adults .....	50¢

All others non-members :

Adults .....	75¢
Children .....	50¢

N.B. — Children must be accompanied in the water by a parent.

## MEMBERSHIP RATES

Young Men 17 - 20 years .....	\$15.00
Senior Men 21 and over .....	\$20.00
Senior Men Special Locker .....	\$25.00
Ladies 17' and over .....	\$15.00
Couples .....	\$30.00
Families .....	\$35.00

## CITY WIDE

Young Men .....	Extra .....	\$ 5.00
Men 21 - 30 years .....	Extra .....	\$ 8.00
Men 30 and over .....	Extra .....	\$10.00

A half-year membership is available at the rate of two-thirds of the regular rate.

## MEMBERSHIP CARDS

Always carry your membership card — it is necessary for admittance to all "Y" activities.

## LOCKERETTES.

These are supplied free of charge to all fully privileged members in good standing. A refundable deposit of \$1.00 is required for a combination lock. ONLY locks provided by the Y.M.C.A. may be used on lockers and lockerettes.

## VALUABLES

A checking service is provided at the main desk. The Y.M.C.A. is not responsible for loss of valuables not checked in this manner.

## REFUNDS

The Y.M.C.A. is not obliged in any way to refund membership fees.

## PURPOSE

The basic motto of the Y.M.C.A. is the prayer of Jesus found in John :

" That they all may be one."

Although the Y.M.C.A. strives to develop a world-wide Christian fellowship, membership is open to all, regardless of race, colour or creed.

The Y.M.C.A. is a practical workshop for brotherhood. The many activities give each member numerous tangible opportunities to come to know and understand himself and others and discover the essential unity of mankind.

## STAFF

E. A. Lowe .....	Executive Secretary
George Patsios .....	Physical Director
James Turner .....	Youth Secretary
Ward G. Minielly ..	Adult Program Secretary
R.B. McFarlane .....	Extension Secretary
Ingrid Silins .....	Office Secretary
Mary Interlino .....	Ladies Afternoon
Galina Simaitis .....	Ladies Evening
Shannon McGibbon .....	Swimming Instructor
Jacques Moronval ....	Judo Instructor
Rosalie Posternak .	Ladies Afternoon Swimming

## VOLUNTEER INSTRUCTORS & COACHES

Gary Keating .....	Basketball
Mary Kukura .....	Ladies Evening Swimming
Harry Gregorieff .....	Wrestling Instructor
Dino Carofoulis .....	Wrestling Instructor
John Knox .....	Weight-training Instructor
Serge Boyer .....	" " "
Leonard Van den Engh	" " "

## **YOUTH DEPARTMENT**

The Y.M.C.A. conducts a regular Program of gym, swimming, crafts, clubs social activities and special events for boys and girls starting at age of 9. These programs are conducted after school and on Saturdays.

During the summer months special programs are arranged both in the city and at Camp Kanawana.

## **ADULT PROGRAMME**

International Y.M.C.A. is well known for its language courses for immigrants and French speaking Canadians. Various courses and social programmes are conducted throughout the year.

The Y.M.C.A. provides many educational opportunities for adults through Sir George William University and High Schools.

Camp Otoreke is well known as the Y.M.C.A. camp for young adults.

## **RESIDENCE**

Our residence provides 26 rooms for young men at very reasonable daily, weekly or monthly rates.

**WITHOUT GOOD HEALTH  
ALL OF  
YOUR OTHER POSSESSIONS  
ARE OF LITTLE VALUE.**

**For further information call**

**271-4639**

**Y.M.C.A.**

**INTERNATIONAL BRANCH**

**5550 Park Avenue**

**271-4639**